

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

MARCH 17, 2006

*Red Cross courses attract military families worldwide*

**Tami Faram**  
*LIFELines*

Most of us associate the American Red Cross with disaster relief, but with its thousands of volunteers, the Red Cross also teaches important skills. Whether it's swimming, first aid, babysitting, sports safety, or how to help in an emergency, the Red Cross helps people of all ages learn something for themselves as well as for others in their community.

Almost every community in the United States has a Red Cross chapter. Representatives are at 109 military installations worldwide, and staff members and volunteers are also available to military personnel deployed in more remote areas.

Red Cross representatives work with Navy leaders to educate Sailors and Marines involved in readiness training. The Red Cross teaches "Preventing Disease Transmission," a class required for most military personnel.

#### Linking to Families

The Red Cross provides a vital communication link to service members in times of crisis. According to Tom Heneghan, director of Health and Safety Services for the American Red Cross, the Red Cross is chartered by Congress to respond to disaster and to provide emergency communication to service members and their families in times of war. And, according to Heneghan, the Red Cross has been doing that since the Civil War.

#### Finding the Lost

During the Civil War, President Lincoln assigned American Red Cross founder Clara Barton the job of tracking down missing soldiers. According to federal historians, her missing soldier operation tracked down 22,000 soldiers from 1865 to 1868. Today, the Red Cross still helps find missing civilians and service members.

#### Teaching for Life

Not only do service members take advantage of the Red Cross in times of crisis, they and their family members take Red Cross courses to hone their skills.

"We're known for our first aid and CPR courses," said Heneghan, "but we offer so much more."

The Navy, for example, has been a big supporter of a Red Cross course on how to use an automated external defibrillator. When someone's heart has stopped, the portable AED delivers an electric shock that can restore the heart's normal rhythm.

"Along with CPR, the AED can save up to 50,000 lives a year," Heneghan said. "And, of all the armed services, the Navy has been at the forefront of delivering AED courses to its members."

#### Here are some examples of Red Cross courses:

\*AED Essentials — Individuals already certified in CPR learn how to safely use an AED.

\*Babysitter Training — For 11- to 15-year-olds who want to become responsible babysitters.

\*Basic Aid Training — Introduces 8- to 12-year-olds to care and first-aid procedures.

\*Community First Aid and Safety — First-aid basics.

*See RED CROSS, C-6*

## Stallions trample Outlaws, 18-14

**Lance Cpl. Ryan Trevino**  
*Sports Editor*

The Marine Aircraft Group 24 Stallions moved to 5-1 in intramural baseball standings March 8 when they defeated the Combat Service Support Group 3 Outlaws 18-14 at Riseley Field, here. The Outlaws remain in last place with a record of 0-6.

Stallions' pitcher Mike Walton took home the win, striking out seven Outlaw batters.

The Outlaws came out strong against the Stallions, but blew a big lead when they allowed 10 unanswered runs to score in the final three innings of the game. Stallions' Shortstop Logan Carraway said he knew exactly how the game would end, early in the game.

"We're going to score like 10 runs in the last inning, or something, and come back and win," said Carraway.

Carraway led his team in hitting, going 4 for 4 on the night. He needed

only a home run to complete a cycle.

He said errors on defense were the reason his team was down by 5 going into the bottom of the fourth inning.

"We're beating ourselves," said Carraway. "We are letting their singles

turn into triples."

Outlaws coach Shafi McCants said he liked how his team was playing during the first four innings.

*See STALLIONS, C-2*



Lance Cpl. Ryan Trevino

Outlaws pitcher Juan Pena takes the signal from the catcher. The Outlaws fall to 0-6 for the season.



Lance Cpl. Ryan Trevino

Chris Nolting, Stallions, slides into second base. The Stallions defeated the Outlaws 18-14 in an intramural baseball game March. 8.

## VPU-2 blows past HQBN's G-6

**Lance Cpl. Ryan Trevino**  
*Sports Editor*

Patrol Squadron Special Projects Unit 2 defeated Headquarters Battalion Communications, G-6, 55-46 in an intramural basketball game at the Semper Fit Center gym here, March 13. VPU-2 improved their record to 9-2 and G-6 dropped to 1-10 for the season.

G-6 came out strong in the first half, outscoring VPU-2 31-27, but could not hold onto their lead in the second half.

"We only have six players and that hurt us," said G-6 Guard Nathan Giles. "They kept subbing in fresh bodies," he said of the VPU-2 team. Giles had 7 points during the game.

G-6 not only lacked players, they lacked height as well. VPU-2 Center Randall Berry scored with ease all through the game, because there was no one to guard him. Berry racked up 22 points before calling it a night.

"This is the best game I've had all season," said Berry.

VPU-2 Guard Anthony Ashley said he saw a change in his team going into the second half.

"We are getting the momentum back in our favor," said Ashley, who scored 19 points in Monday's game.

Berry said his team was slow starting off, but everything started to run smoothly in the second half, when they outscored their opponents by 13 points.

VPU-2 Coach Brandon Shields said he was aware that his team had the advantage before the opening tipoff.

"They don't have a lot of height, so I want to see more big-man scoring," said Shields. "We have the advantage in speed, too."

VPU-2 Assistant Coach Roderick DuBose said he was confident about his team.

"We are going to win today," said DeBose.

G-6 Forward Jonathon Adams said this game was not really lost on Monday, but before that.

"We never practice," said Adams. "We just threw a bunch of guys together. Everybody is trying to do their own thing, and it just doesn't work like that."

G-6 Center Deshawn Bradford led his team in scoring with 12 points. Adams contributed 10.

Catch more intramural basketball action every Monday, Tuesday and Wednesday at the Semper Fit Center gym.



Lance Cpl. Ryan Trevino

G-6 forward Jonathon Adams blocks a VPU-2 player's shot. G-6 fell to 1-10 for the season.



# Sports Briefs

## Saturday

**North Beach Shamrock Invitational Surf Meet** — Marine Corps Community Services Water Safety is currently accepting registrations for the Shamrock Invitational Surf Meet to be held at Kaneohe Bay’s North Beach. This event is free of charge and open to all active duty service members and base DoD civilians. All K-Bay active duty service members will be automatically entered for intramural points. To sign up, call 254-7655 or send an e-mail to dino.Leonard@usmc-mccs.org.

**Bench Press Challenge** — Registration for the Bench Press Challenge continues. The Combat Service Support Group 3 sponsored event is being held March 22 at the Semper Fit Center. Sign up for this free event and earn points for your unit. Open to active duty service members. Call 254-7597 for more information.

## Tuesday

**Softball coaches organizational meeting** — A meeting will be held at the Semper Fit Center for anyone interested in coaching softball in the upcoming season. The meeting is mandatory. Call 254-7591 for more information.

## March 25

**CSSG-3 Swamp Romp** — The 12th Annual Combat Service Support Group 3 Swamp Romp is right around the corner. Referred to as Hawaii’s dirtiest footrace, the Swamp Romp returns to Kaneohe Bay March 25. The race begins at the Boondocker Building, neighboring the Marine Corps Exchange Annex parking lot. Six-person teams will negotiate an obstacle-laden course that includes mud, crawling, jumping, swinging, sounds of combat, and more mud. For more information on the Swamp Romp, call the varsity sports coordinator at 254-7590.

**Kaneohe Bay Spring Splash** — The event will be held at the Hilltop Pool at the Officers’ Club from 2 p.m. to 4 p.m. Music, games, prizes and demonstrations will be available.

## March 30

**SM&SP Shank & Slice Best Ball Golf Tournament** — It’s time again for the famous SM&SP Shank & Slice Golf Tournament. Players will hit the Klipper at 12:30 p.m., March 30. The tournament is open to all single active duty service members, E1 through E5 and their active duty guests. Players are invited to bring their bosses; however, all guests must play with their sponsor. The fee for the tournament is \$30 for E1s through E5s and \$38 for guests, E6 and above. The price includes golf fees, golf cart, pupus, sodas, and prizes. Preregistration is mandatory, due to the high volume of registrants that are expected to play. The deadline for registration is March 24. All entry forms are to be delivered to the SM&SP office, Building 1629, the Semper Fit Center or the Camp Smith Semper Fit Center gym. For supplemental information, call the SM&SP office at 254-7593.

## Ongoing

**Semper Fit Center offers array of aerobics** — The MCCS Semper Fit Center announces a new and expanded aerobics program. These new classes now being offered include a variety of workouts. Prenatal Yoga is one of the new courses that are specifically for expectant mothers who want to maintain a healthy exercise regiment. The Fab Abs and Gut Cut programs are offered to those who want to shed a few inches around the waistline. Cardio Kick and Step classes are also offered. For more information about these new classes and their schedule class times call 254-7597.

### Paintball Hawaii

Nestled behind the Lemon Lot is Paintball Hawaii. Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open on weekends from 9 a.m. to 5 p.m. Call 265-4283, for Friday appointments.

### Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation. Call the Semper Fit Center at 257-7597 to schedule an appointment.

### Hawaii Marine accepts briefs

Submit items for the *Hawaii Marine* sports briefs section via e-mail to editor@hawaiimarine.com or call the sports editor at 257-8837.

### STALLIONS, from C-1

“Our guys are taking the pitcher deep into the count and putting the bat on the ball,” said McCants. He added, “Obviously MAG is one of the better teams in the league, so this will give us an idea of where we are, halfway through the season.” McCants was pleased with his team but saw a pattern emerging. “A lot of time, we’ll score 4 runs in an inning but give up 5 on defense,” he said. Stallions’ Coach Paul Matchniff

said he knew it would take a few at-bats before his team would warm up. “Batting is our main focus, but with all the bad weather, it has been hard to get any batting practice in,” said Matchniff. The Stallions stay in first place in the standings. Catch more intramural baseball action on Mondays, Tuesdays, Wednesdays and Fridays at Riseley Field.



Micheal McMahon (red jersey) collides with Oscar Ruada at home plate. The Outlaws remain winless for the season.



Stallions’ Catcher Oscar Rauda scrambles after a wild pitch early in the game against the Outlaws. The Stallions came back late in the late innings to win the game.

# == SPORTS AROUND THE CORPS ==

## Donation keeps boxer swinging



Cpl. Mark Sixbey

Cpl. Sebastian B. Price, 21, Shreveport, La. resident, takes a fighter’s stance while wearing hand tape. Two former professional boxers from Boston donated a shipment of boxing equipment to 3rd Battalion, 5th Marine Regiment who are deployed in support of the war on terrorism.

### Cpl. Mark Sixbey 1st Marine Division

**CAMP MERCURY, Iraq** — Marines of 3rd Battalion, 5th Marine Regiment, have a new way to blow off steam at the end of the day. All they have to do is strap on a set of gloves and take a swing at another Marine. The battalion recently received a load of brand new boxing equipment from a donor in Boston.

The shipment included a heavy punching bag, bag gloves, hand wraps and focus mitts to practice speed, form and agility. Half of the equipment will go to the Marines of L Company, headquartered at Firm Base Black near Fallujah. “They’re stuck out there and don’t have as much exercise equipment,” said Sgt. Rich F. Litto from the 6th Civil Affairs Group attached to the battalion. “It’s top brand stuff right now, highest quality as far as boxing gear goes.” Cpl. Sebastian B. Price, from Shreveport, La., boxed with the Camp Pendleton Boxing Team for five months before deploying with the battalion in January. He said he plans to rejoin the team when he gets back to California, and the donated equipment will help him stay in shape in Iraq, preparing himself for his goals in boxing.

Price said he wants to go Golden Gloves and then fight in Panama, where a worldwide competition is held each year. Two former professional boxers from Boston, Tom Dogan Danny Long, who support a different charity every year, donated the equipment to 3/5 Marines, Litto said. “Both give countless hours

donating time to the Boston community,” said Litto, 48, from Boston. “When I asked them for this equipment, they were almost tripping over themselves trying to help.” Long has a son enlisted in the Navy and Dogan has a brother in the military. “South Boston is a patriotic town,” Litto said. “We lost more Marines per square mile than any other city during the Vietnam War.”

Dogan works for a major furniture distributor, and Long teaches South Boston kids the art of fighting, Litto said. “Both are hardworking men, great family people. These guys are true friends and heroes of the community.”

The new equipment came as a welcome addition to the physical training tools the battalion has on hand.

“Now I’ve got a practice tool instead of shadow boxing all the time,” Price said. “The PT aspect keeps me in shape, doing something I want to do. It helps you put an effort into it if it’s something you enjoy.” Price, whose regular job in the Corps is a cook, is currently assigned to the battalion’s Quick Reaction Force. He practices his form between sleep time and watching his post. He said the benefits of training go beyond getting into the ring and staying in shape.

“I have become calmer since I started boxing,” Price said. “I don’t feel like I have to prove myself because I know I can fight. I don’t have a short fuse anymore.”

He said he doesn’t have a favorite boxer, but eventually wants to have footwork like Ali, punches like Tyson and speed like Mayweather.



Cpl. Mark Sixbey

Cpl. Sebastian B. Price trains with the help of Sgt. Rich F. Litto, March 10, at Camp Mercury, Iraq. Price boxed with the Camp Pendleton Boxing Team for five months before being deployed in support of the war on terrorism.





# The Bottom Line

*Editor’s Note: “The Bottom Line” is a weekly sports commentary written by two sports aficionados who sometimes don’t see eye-to-eye. The Texan, Lance Cpl. Ryan Trevino, and The Vice, Tony Blazejack, who hails from Miami. Send your “Reader’s Strike Back” comments to editor@hawaiimarine.com and your suggestions will be considered for publication. We look forward to hearing from you, whether you agree with one of us, both of us, or neither one of us.*

## Are attractive women athletes treated differently?

### The Vice

It’s amazing what can happen in 100 years in America. At the turn of the 20th century, women had just started to break the mold of domesticity through athletic participation. Men, in general, sought to keep women indoors and largely controlled notions of what was feminine. Fears that competition would lessen the mandated duties of a woman fueled the suppression of women’s participation in sports. Yet women athletes kept fighting and kept competing.

Through much blood and sweat, women have established their place firmly in professional, college, and high school athletics. However, with success, controversy usually follows. Many believe that lucrative endorsements from major retail corporations and certain kinds of media attention are setting back women’s athletics.

Many critics love to point to Anna Kournikova as an example of sex appeal over athletic achievement. For those of you who have been living under a rock for the past eight years, Kournikova turned into a multi-million dollar tennis sensation at 18 years old – without ever winning a single Women’s Tennis Association title. From sports apparel to watches, she reeled in huge endorsement deals, magazine covers, and dominated the media’s attention with her looks, without ever dominating the sport with her talent.

The critics say this demeans women athletes and regressed the perpetual push for equality in sports. I disagree.

First of all, Kournikova routinely ranked among the top 10 professional women tennis players in singles and doubles competition from 1998 to 2000. And, for the record, these rankings aren’t exactly determined by polls on maxim.com. A quick check into her career will reveal many impressive victories over top competitors, which explains why the WTA considered her a real contender.

Second, her career was riddled with injuries. In 2000, for example, she was hampered with torn ligaments in her ankle prior to the French Open. According to various media reports, she could barely move from the time. She insisted upon playing, and won her first round before being defeated in the second.

A large portion of the sports media came down on her like a torrential downpour and accused her of an all-look, no-talent career that allegedly diminished the prominence of women’s athletics.

The international sports media today, however, has no problem whatsoever with recent arrival Maria Sharapova, the equally attractive and significantly more successful addition to the WTA. Sharapova won her first grand-slam title in 2004 at the Wimbledon, and instantly replaced

See VICE, C-6

### The Texan

Anna Kournikova sucks at tennis. In her career, she has never won a professional singles tournament. But, regardless of this startling fact, she still rakes in more than \$15 million dollars per year from endorsement deals more than any other female athlete in the world. She ranks among athletes like LeBron James, Tiger Woods and Kobe Bryant when it comes to off-court income. That is crazy. The aforementioned are the athletes who deserve to get the big endorsement deals, not players like Kournikova. They actually are the top players, not the best-looking, in their respective sports. So, why does she get all this money if she is nothing more than a mediocre tennis player? Easy, she looks like a super model, and that’s what these big corporations say is important when it comes to being a female athlete, not how good you are at your game.

Is it wrong to send this message to young female athletes across the globe? Absolutely.

This message that says looks are more important than skills, and not to worry about losing as long as your hair and body are perfect during the match. I strongly believe this will be the downfall of how female athletes are viewed and treated. I do realize, however, that all these companies want is to sell their products, and using a pretty face to do so only increases the amount of units sold. This, in my opinion, is creating a negative impact on how female athletes are perceived.

Look at all the female tennis players that are actually good but may not have the pretty face of Kournikova. They win tournament after tournament, but don’t have one-tenth of the sponsors signing them that Kournikova does. Players like Kim Clijsters and Lindsay Davenport who actually produce real results on the court — these are the real female athletes, but they are cast aside for the more beautiful, more marketable Kournakova. This just doesn’t make sense to me. Danica Patrick is another

example of over glorifying attractive female athletes. What has been the pinnacle of Patrick’s career so far?— a fourth-place finish at the Indy 500. Who cares about fourth place? But Patrick, being a young attractive female in the world of sports, got more press than the actual winner of the race.

**Bottom Line:** This has gone far enough. I want to see more females who are at the top of their sport, start getting the recognition they deserve, no matter how they look. A player’s looks should not dictate how much money they make off the court. Only skill should determine this. Little girls just getting started in a sport should not look at posters and watch commercials filled with the Kournikovas and Patricks of the world and automatically think that is how they are supposed to look if they want to be recognized. The skill of a player should hold a lot more weight than the look of a player when it comes to landing that big endorsement deal.

## Say no to soda, yes to water

### Sherry Andrews

LIFELines

The next time you decide to go for a jog or take the kids for a walk in the hot sun, think about this. According to Bob Greene, an exercise physiologist, certified personal trainer, and the “New York Times” best-selling author of “Get With the Program,” 75 percent of Americans suffer from mild dehydration every day. Sailors are especially vulnerable to dehydration due to their increased activity levels and the likelihood of working outdoors. Preventing dehydration is as close as your kitchen sink; that’s right, good old H2O. So, grab yourself a tall glass and read on about the benefits of drinking water.

#### Defining Dehydration

Dehydration is a condition that occurs when you are not drinking enough fluids to promote the many bodily processes that require water. The National Library of Medicine and the National Institutes of Health sponsor an online Medical Encyclopedia with further informa-

tion about dehydration and its signs and symptoms. A dry mouth, dark yellow urine, a lack of tears (especially in children), and sunken eyes are all possible signs of dehydration. In cases of severe dehydration, you may feel extremely weak and tired; if left untreated, this could lead to unconsciousness and/or other serious medical conditions. Severe dehydration requires medical attention immediately.

#### Benefits of Drinking Water

Drinking enough water every day is one way to contribute to a healthy lifestyle. Water is vital for many of the body’s processes to work properly. According to a University of Arizona Cooperative Extension Service article, the benefits of drinking adequate water are numerous. Water helps remove waste from the body, lubricates and cushions joints, is an active part of important chemical reactions in our bodies, and helps to regulate a safe body temperature.

#### How Much Should I Drink?

The amount of water you need to drink every day to prevent dehydra-

tion varies according to your gender, activity level, work conditions, temperature, humidity, season, and the climate at your duty station. A general rule for adequate hydration is eight to 10 eight-ounce glasses of fluids for females and 12 eight-ounce glasses for males. Navy Lt Gray Dawson, a physician at the Marine Corps Mountain Warfare Training Center in Bridgeport, Calif., said, “Drink eight 12-ounce cups of water a day; more with heavy exercise.” Dawson recommends drinking a quart of water (four eight-ounce cups) per hour of exercise.

#### Water vs. Caffeinated Beverages

The best choices are water and other noncaffeinated beverages. “Caffeinated beverages cause excess water loss by their effect on the kidney,” Dawson said. “Instead of being reabsorbed, the caffeine’s diuretic effect causes water loss through the urine.”

#### Heat-Related Illnesses

See WATER, C-6

## Healthy recipes for when your spouse is deployed

### Kelli Kirwan

LIFELines

One of the casualties of deployments is often the evening meal. School, work, household chores, and other commitments can consume all of your time as you take on double duty while your Sailor or Marine sails the ocean blue or explores the jungles of some distant land. If you find yourself eating cereal and sandwiches for dinner, ordering pizza more often than you used to, or looking into the contents of your freezer at 6 p.m., wondering what you can throw in the microwave, you may need a little dinner intervention.

With a few minor adjustments, some preplanning, and a little creativity, you can provide nutritious meals for your family while avoiding the 100-yard stare into the contents of your cabinets. Whether you’re single or have children, dinnertime can still be a happy, fulfilling time.

#### Know What Your Body Needs

Become knowledgeable about

what your body needs nutritionally to stay healthy. Familiarize yourself with the USDA’s Food Guide Pyramid and then teach your children as you shop for and prepare meals. Nutritional meals will help your family stay healthy, an important ingredient to successfully living through a deployment.

#### A Few Minutes of Your Time

Take time to plan your meals, which saves time and money, keeps you from emergency runs to the grocery store, and helps you to eat healthier. There are many different ways to preplan your meals. Ivillage.com has a great meal maker to get you started.

#### Start Dinner Before Breakfast

Crock-Pot cooking is a wonderful way to have dinner waiting for you when you arrive home at the end of the day. Recipes for cooking with a crock-pot cover everything from appetizers to wild game. Almost

See RECIPES, C-5



SPORTS AROUND THE CORPS

All-Marine Hockey team stomps Navy

Lance Cpl. Dorian Gardner  
MCRD San Diego

**MARINE CORPS RECRUIT DEPOT SAN DIEGO** — The All-Marine Hockey Team defeated the All-Navy hockey team 7-2 in the first game of its kind Mar. 3 at the San Diego Sports Arena.

A team compiled of Marines from Marine Corps Air Station Miramar, Calif.; Marine Corps Air Station Yuma, Ariz.; and Marine Corps Recruit Depot San Diego came together to face Navy players from around the country.

Paul Croom, Marine center, said his team has been together since October — with the exception of a few Marines who came on for this event.

“They kind of slid right into the fabric of the team,” said Croom.

They understood the game and kept the pace of the team, so it didn’t take much adjusting, according to Croom.

Local Marines and Sailors filled stands at the arena to watch the two teams warm up.

San Diego Armed Services YMCA and the San Diego Gulls organization forwarded 150 tickets for this game to be distributed to active duty service members and their families within San Diego. The depot received 100 tickets. Marine Corps Community Services also provided the Marine Team with new jerseys for the game.

Support from fans got players ready to hit the ice. After team introductions, the game started.

The game continued with a scoreless first period. Both teams played aggressively on the goalies. Marines stayed fresh by keeping the rotations consistent.

“Our speed on the ice was faster than theirs, because our guys were fresher on the bench,” said Stephen Forget, Marine right defender. “We were pretty confident at the beginning of

the game. We practiced against them and our only concern was their goalie and one of their players. He was really good.”

Because the Navy team did not receive jerseys, some were marked differently and without numbers. The Marines identified their stand-out player by his maroon helmet.

Forget said every time that player hit the ice, the Marines team would match him up with their stand-out players.

“The Navy didn’t have as much time together as our team,” said Croom.

Staying on defense while the puck was in play, Forget made sure to let no puck go by him with out challenging it.

The second period of the game proved to be quite intense. Going hard into the second period, Marines scored twice within minutes. After Marines raised the score from zeros to 4-0, the Navy took their time countering the attack. With five minutes left in the second period, Navy finally removed the goose egg.

In the beginning of the third period, a frustrated Navy team became very aggressive with the Marines, who welcomed the aggression.

“The best way to deal with it is short passes and skating harder,” said Forget.

Fans roared at the site of body checks and knock-downs administered by both teams.

Rumored to be a friendly game of fun and good competition, tension filled the rink throughout the game. Both teams came to win.

“It was great that they put together a game for us,” said Croom. “It gave us a chance to build some competitive camaraderie with our Navy brethren.”

Closing in the third period with a score of 7-2, Marines defeated Navy in their first match-up.

This was a first-year event, but the Gulls and San Diego Armed Services YMCA look forward to hosting it again next year, according to Edwin Gregory, Gulls senior executive.



Lance Cpl. Dorian Gardner

The All-Marine hockey team faced the All-Navy team March 3 at the San Diego Sports Arena for a friendly bout hosted by San Diego Armed Services YMCA and the Gulls Organization. Marines defeated the Navy 7-2.



Lance Cpl. Dorian Gardner

Pfc. Jeremy Staat, Platoon 1065, Company B, practices rifle manual in his training barracks. Staat played in the NFL briefly before deciding to join the Marines.

Ex-NFL player trades jersey for utilities

Lance Cpl. Dorian Gardner  
MCRD San Diego

**MARINE CORPS RECRUIT DEPOT SAN DIEGO** —

Giving up the fame of the football field at 29 years old, one B Company recruit looked for a glory that was more permanent than any trophy.

When he was 13, Pfc. Jeremy Staat was 75 inches tall and weighed 230 pounds. It seemed as if he was built for football, according to Staat.

“I really didn’t have to work hard at it,” said Staat.

Starting as an offensive lineman, Staat grew as a football player and saw his first glimpse of the Marine Corps not long after starting at Arizona State University as an offensive lineman.

“I had a buddy who was a combat photographer in the Marine Corps,” said Staat. “He came back from the desert with pictures of these big C-

130s and I said, ‘I want to do what you are doing.’”

Playing football began losing its appeal. Seeing service member’s in their uniforms kept Staat thinking about those “what ifs.”

Staat then moved up to the National Football League, playing with several teams.

His college teammate, Pat Tillman, influenced Staat to stay in until he could get a retirement plan. Staat and Tillman became good friends while sharing a room at ASU. Over time, Tillman decided to leave the NFL to serve in the U.S. Army. He was killed in action in 2004.

“That was the turning point for Jeremy,” said Janet Goodheart, Jeremy Staat’s mother. “After Pat was killed, he began to dwell on things. He visited me at home, and we had a real serious talk. He told me that he was through with football.”

He decided to enlist in the military. Because of his larger-

than-life exterior, Staat had to pass a few tests before he could enlist.

His mother said he passed tests everyday.

“He called me and said, ‘Mom, you can’t be any more than 78 inches, 29 years old and 261 pounds,’” said Goodheart. “He was all three.”

“The big reason was because I was just really disgusted with the amount of money entertainers get and what they pay troops overseas,” said Staat. “It didn’t seem right that we pay all those entertainers millions to catch a football and we pay our Marines pennies to a dollar to catch a bullet,” said Staat.

Determined to leave, Staat spoke with a recruiter and left as soon as possible.

“I came in two months early, like ‘Let’s get it on,’” said Staat. “I wanted to be a part of something that is going to live

See JERSEY, C-5



# SPORTS AROUND THE CORPS

*JERSEY, from C-4*

forever instead of getting trophies. What are trophies good for – collecting dust? Most trophies get thrown in the garage. Who knows where they go after that?”

Arriving at the depot, Staat did what he could to keep his past under wraps, but within five hours of his landing, his secret was out.

Staat said a drill instructor asked the 77-inch stack of muscle if he played football. “I played a little in college,” said Staat.

The drill instructor kept digging and eventually the truth came out.

“With all the attention I’ve drawn to this platoon, they have done an awesome job being professional.”

When he started training, Staat took a different outlook on his environment than most recruits do during the first phase of boot camp. To him, playing for a team was temporary; being part of a legend was something people wouldn’t forget.

Since entering recruit training, Staat realized he wasn’t used to the strenuous environment.

“I’ve run three miles four times in my life, once at (Military Entrance Processing Station), and three times here,” said Staat.

Beside the physical training, boot camp is aimed to place stress on recruits to prepare them for stressful situations they may encounter on the battlefield.

Stepping away from the NFL to enjoy experience of boot camp, Staat said he couldn’t feel more at home.

“I would wake up every day and smile,” said Staat. “Recruits look at me like I am crazy, but I am just happy to be here; to be on a practice field as big as Camp Pendleton is crazy.”

According to Goodheart, the letters Staat sent home during training let her know that her son was doing fine in his training. “He was very happy,” she said.

The only thing that Staat couldn’t grasp about training was the other recruits. He couldn’t understand why 60 recruits would rather to do push-ups in the dirt than sound off when told to by their drill instructors, but Staat never lost his motivation, according to Goodheart.

“If there was something that gave Jeremy any kind of doubt, he would pursue it until he was convinced,” said Goodheart.

“If you change the mindset of what you are doing, you can turn it into a whole new experience,” said Staat. “I looked at field training like I was going camping. They are going to pay me to learn how to train and survive in the field.”

Staat said he found it amusing that people pay for the training that Marines are paid to complete.

“They train you to keep in shape. They put you on a diet,” said Staat. “People pay to do that.”

Staat recalled a day during training when his company ran the obstacle course. Staat attempted to climb the rope but failed. He was trained on the



Pfc. Travis J. Crewdson

**Robert Audette, a 22-year-old Marine security guard showboats during a game. Audette can be seen any given night spinning the ball on his finger and flexing for spectators.**

proper techniques, he got a second chance.

Staat’s senior drill instructor told him to climb the rope again. Staat managed to reach the top the second, but smiled down to everyone.

“I asked him what happened the first time and he smiled and said, ‘This recruit didn’t have the technique down, sir,’” said Staff Sgt. Miguel R. Saenz, senior drill instructor, Platoon 1065.

“I was just happy,” said Staat. “I had never climbed a rope before.”

Beyond the training, there were adjustments Staat had to make.

“It was fast,” said Staat. “The sounding off was difficult, because I am not used to yelling and screaming.”

Even the combat utility uniforms took some getting used to, according Staat.

“I looked at them as a new uniform,” said Staat. “Instead of having a football helmet, I had a Kevlar. Instead of wearing shoulder pads, I wore a flak jacket.”

Departing the depot as a squad leader, and one of many new Marines graduating from Company B, Staat plans on leaving a lasting impression in the Marine Corps and maybe watch a few football games on his days off.

## MSG player loves playing basketball

**Pfc. Travis J. Crewdson**

*MCB Quantico*

**MARINE CORPS BASE QUANTICO, Va.** — “He has real court vision, great handles, and shooting just comes to him naturally,” Kevin Johnson said about his Marine Security Guard Battalion teammate Robert Audette. “Audette’s a great team player. He also acts as our team captain, and he and I usual share being the high scorer.”

Robert Francis Audette has been playing basketball almost his entire life and now plays for MSG Battalion’s team in the Quantico Intramural American League.

During a game, the 22-year-old Audette usually makes a spectacle of himself in several ways. He is known for flexing and doing ball tricks during game play, especially if there are photos being taken. This character does a jump shot when making free throws and is known for making fancy shots from various ranges. But he also stops his usual shouting at players and the crowd to check to see how many points he has scored several times per game, said Heather Jenkins, a scorekeeper at Barber Physical Activities Center, where the intramural matches are played.

“He’s a good ball player, but he’s nuts,” said Yvonne Bloom, another scorekeeper at BPAC. “I think he just comes here for the exercise.”

“He’s always crazy like that, but at least he makes us laugh,” Jenkins said.

Audette’s father taught him the fundamentals of basketball when he was a kid by playing with him in their front yard.

“I used to think, ‘My dad is the best at basketball,’ but eventually I found out it was all just fundamentals,” Audette said. “Once I grew up more and became a decent player, I realized he wasn’t really that skilled, he was just smart. I blew past him, and now he could learn something from me. He’s a retired Marine, too. I know he’s really proud of me.”

Throughout his childhood, Audette said he played basketball in every league he could enter. He played for four years at

Forest High School in Ocala, Fla., three of which were spent on the varsity team. He ran for his school’s cross country team in the off-season to maintain his athletic conditioning. With the rest of his spare time, he either shot hoops or went to Daytona Beach, which was only 15 minutes from his hometown.

Audette enlisted in the Marine Corps as an electrician and reported to Marine Corps Recruit Depot Parris Island, S.C., in May 2002.

Audette played for the base basketball team when he was stationed at Marine Corps Air-Ground Combat Center Twentynine Palms, Calif., and traveled to other bases for competition.

In April 2005, he graduated from Marine Security Guard School and was then stationed in Saudi Arabia, where he said he had a great time.

Audette has been back at Quantico since January, awaiting orders. He said he wants to go to Okinawa because he heard there is good leadership there, and he would like to build on those skills as a sergeant of Marines. He plays basketball for the intramural team and goes to BPAC at 4 p.m. with friend and teammate Frank Fregoso to play ball for a couple of hours each day.

“We like to just play for fun,” Audette said. “Our intramural team is always changing, and the skill levels alter dramatically, so our best bet is to play for fun. That way, we always win.”

On the court, Audette has a lot of what he calls “good energy.” When he is having fun, he plays better, which in turn causes him to have more fun.

Audette will receive his associate’s degree after completing two more courses at Central Texas College. He then plans to transfer to another school where he can play college ball at the end of his enlistment.

Using his life skills, the clearance he gained in the Corps, and the business degree he hopes to acquire, Audette wants to start a career with the Department of State or as a private contractor.

FAD, from C-1

burden on themselves by the way they approach fitness,” Criqui said. “They often will wait until they receive 10-week notification of an upcoming physical health assessment and then begin ramping up for the fitness assessment. Upon completion, they put fitness on the back burner until the next cycle.”

During this time their bodies often go into detraining, and they may increase what they eat, losing all forward progression, according to Criqui. Several months go by until the next PFA notification, when Sailors place fitness on the front burner again, playing catch-up by exercising intensely, which could increase the risk of injury. To help them lose the weight fast, they search for the closest fad diet, and this could cause loss of lean muscle instead of fat.

“Repeat this recipe over several cycles, and it is understandable why they have trouble shedding those last few pounds,” Criqui said. Regular exercise throughout the year, he explained, keeps people from “yo-yo” exercising and helps them achieve personal fitness goals.

What Does Work?

In order to achieve or maintain physical fitness goals, proper nutrition and regular exercise are prescribed. Ens. Laura Prunty, R.D., nutrition management department, Camp Pendleton, encourages people to learn how to eat well instead of dieting.

“If quick fixes really worked, everyone would be skinny,” Prunty said. People need to make changes to their lifestyle to achieve health and fitness goals. She suggests cutting down on portion sizes, alcohol, and beverages with sugar and calories.

Along with increasing exercise and fiber intake, Prunty also advises reducing refined carbohydrates and intake of calories by 500 to 700 a day. She recommends the following daily intake of macronutrients:

- \*45 to 65 percent carbohydrates (complex, unrefined)
- \*20 to 35 percent proteins
- \*10 to 35 percent fats (mono/poly unsaturated)

For help with designing meal plans to achieve weight and fitness goals, consult a Navy registered dietician. Additional assistance is available through each command in the form of the Fitness Enhancement Program. This program is augmented by fitness facilities and exercise equipment offered through Morale, Welfare and Recreation.

RECIPES, from C-3

every Navy Exchange and Marine Corps Exchange carries a variety of sizes in Crock-Pots.

Freeze Your Way to Healthy and Happy Dinners

Hot, nutritious meals are as close as your freezer. Create your own quick and delicious meals for a fraction of the cost of store-bought frozen dinners. You can take several approaches

RED CROSS, from C-1

\*First Aid for Children Today — Children 5 through 8 learn to be aware of dangers, to prevent them, and to respond to them.

\*Infant and Child CPR — For child-care providers, teachers, and parents who care for children from infant to 8 years.

\*Infant and Preschool Aquatic Program — Children between 6 months and 5 years develop swimming readiness and have fun in the water.

\*Injury Control Modules — Focuses on work site injuries and health risks.

\*Learn to Swim — Instruction for all ages.

\*Life Guarding — Water safety, first aid, and rescue, plus courses that specifically address life guarding at a pool, beach, or water park.

\*Oxygen Administration — Laypersons learn when and how to use supplemental oxygen and breathing devices.

\*Pet First Aid — For dog and cat emergencies.

\*Sports Safety — How to prevent, prepare for and respond to sports injuries.

\*Water Safety Instructor — For people who want to teach swimming and water safety.

In addition, the American Red Cross is working with Department of Defense schools to develop sports safety and training for coaches and parents at DoD schools in Europe and Asia. The training will include CPR and first aid.

Heneghan said, “We encourage all groups from kindergarten to seniors to take our courses.”

Intramural Baseball Standings (as of March 7)	
TEAM	RECORD
MAG-24	4-1
VP-9	5-3
VP-4	4-2-1
HQBN	2-2-2
1/12	3-3
CSSG-3	0-5-1

to building a freezer full of dinners. One way is to double up several dinners when you prepare them for your family. Eat one that night and freeze one for later in the month. When you are crunched for time, another way is to set aside some time each month to prepare several dishes and freeze them. Use those dinners to supplement your monthly menu or to feed your family on the nights you just don't have time to cook. There are some things you should not freeze, such as certain dairy foods, but don't let that stop you from trying out some delicious

WATER, from C-3

According to Petty Officer 2nd Class Jared Fanning, an instructor at MCMWTC, “If you don't drink enough water when engaging in physical activity in hot weather conditions, your body may lose the ability to thermo-regulate or maintain a proper body temperature, which can lead to heatstroke, heat exhaustion, and other heat related illnesses.”

As a Sailor, your active lifestyle demands that you take excellent care of your body. Maintaining a healthy lifestyle includes making wise choices about the quality and quantity of fluids you drink. Quench your thirst with water whenever possible; drink more during hot weather and exercise.

Intramural Basketball Standings (as of March 7)		
TEAM	WINS	LOSSES
VP-9	11	0
CSSG-3	8	0
MALS-24	11	1
VP-2	7	1
1/12	6	3
3RD Marine Reg.	6	4
HMH-364	7	5
VP-4	4	5
HSL-37 “B”	6	8
Mess Hall	5	7
HSL-37 “A”	4	6
IPAC	1	8
G-6	1	9
MCAF	0	11

recipes to prepare now and enjoy later.

Don't Leave Out Leftovers

We have become a disposable society and that has extended to our meals. Learn to look at leftover food from the past week's meals as budget and time extenders. With proper storage of leftovers, you can create meals from leftover poultry, ham and bacon, veal and pork, or beef.

Kids in the Kitchen

Get the kids in the kitchen with you. There are tons of kid-friendly recipes. You might be surprised to find that kids and food

can be fun. When you and your kids create dinner together, they are more willing to eat a nutritious dinner

to the quality time spent together, your children will learn how to shop for and prepare healthful meals, a quali-

“You don’t have to totally eliminate desserts, fun foods, and comfort foods from your diet — just don’t abuse them.”

because they had some say in the menu. While you’re cooking, you’ll be amazed by what your children share with you.

The kitchen and the act of food preparation have a way of bringing out the philosopher in some kids. In addition

ty that will last a lifetime.

Dessert, Fun Food, and Comfort Food

You don’t have to totally eliminate desserts, fun foods, and comfort foods from your diet — just don’t abuse them. Pick a night

VICE, from C-3

Kournikova as the sport’s new prom queen. All of the fashion magazine photo shoots and all the huge endorsement deals were proclaimed deserved because, well, she was established with a major win.

Make no mistake that Sharapova’s sex appeal is what fuels these deals and endorsements. Her success on the court simply justifies it. If Anna Kournikova had won just one major tournament, her critics would invariably be silenced. Regardless, the provocative magazine spreads and advertisements will carry on for both women.

To everyone screaming foul, the numbers don’t lie. If you’re a successful athlete, you’re marketable in the sports industry. If you’re a rel-

atively attractive athlete and somewhat successful, then you’re really marketable – and it doesn’t matter if you’re a man or a woman.

And let’s not forget, though far from equal to men’s sports, women athletes have literally made leaps and bounds of progress to be where they are today.

In 1900, 19 women competed in just three sports at the Olympics in Paris, for the first time. In 2000, a total of 4,254 women athletes participated in some 120 different events at the games in Sydney. Title IX has invigorated women’s high school and college athletics. The Women’s National Basketball Association, though always struggling in comparison to its male counterpart, has

to spend with your family or hang around with good friends and have a yummy dessert dish. Deployments can have some low moments for you or your kids. Have some fun food ideas on hand to cheer them up or comfort them when the days are just not going by fast enough.

Whatever your circumstances or the number of people in your family, when deployments occur, you have to make mealtime adjustments. Look at the change as an opportunity to develop some new kitchen skills and some new family favorites.

stayed its course and offered a serious league of professional talent.

I say let the multi-million dollar contracts come through. If a woman agrees to pose on the cover of a fashion or a for-males magazine, I say why not? If she is truly a professional athlete, then she will realize, like all professional athletes, that it’s their performance in the sport that really counts.

Bottomline: H u g e endorsement deals and media coverage that focuses on the attractiveness of female athletes is not exploitation. It’s a common aspect of society. The fact remains that no professional athlete in the world is going to win simply because he or she is better looking than the competition.

*HORSESHOE, from C-6*

